

the energy that comes from good food.

To live well and produce well, good food is an absolute necessity. Where I have saved on food the doctor has rode in his auto, for which my savings helped to pay.

With granaries and store houses bursting with plenty, with a country capable of producing intensely, why should any family be stinted and stunted for want of food.—*Jessie S. Hawthorne.*

WHY GIRLS STAY HOME.—Mr.

Hansen, I will answer you with a question similar to your own.

Why is a young lady like myself alone most of the time? Not that I don't enjoy life, because I defy convention and go about alone almost anywhere, barring dances, skating rinks, etc., where one cannot go unescorted. But it is a pleasure almost unknown to meet a young man who will converse on science, art, religion or the topics of the day, as one man to another, because he thinks a girl must be flattered and jolled and could not absorb anything sensible.

You were very ignorantly advised by the friend who said girls only enjoy untruths. Nothing would make you disliked sooner by the type you wish to know.

There are serious girls, too, but they are left at home and, therefore, are difficult to find.—*M.*

WHAT LIQUOR COSTS.—On June 11 a man followed a woman to her home. He called her to the door and split her head open in a couple of places with a 2x4 scantling.

It required eight policemen two hours with a patrol wagon and several rounds of ammunition to capture the fleeing fugitive.

It required an ambulance, a driver, a policeman and a \$3,000 a year physician to convey her to the hospital, where her life hangs in the balance.

Now it will require a judge, a state's attorney, 12 jurors, witnesses,

balliffs and lawyers to possibly send him to the penitentiary, where the taxpayers will have to board him free for several years.

It will cost the taxpayers about \$2,500 to prosecute this one little case alone. As compensation the city gets \$1,000 blood money in the form of license, and broken homes, broken health and broken heads.

Thus we taxpayers owe our lives, our fortunes and still a debt of gratitude to the liquor traffic.—*George Wood, 26 Ada st.*

WOMEN SCHOOL CARPENTERS.

—The board of education will hold examinations June 26 and 27 for teachers of carpentry.

The public should know that there are 25 women teachers of carpentry under the board of education, that of nine substitute carpenters five are women.

The public should know that there are 15 girls, graduating as carpenters from Normal college this June and they will be dumped into the public schools as teachers of carpentry after vacation.

Who causes this?

J. D. Shoop, and for this form of education he gets \$10,000 per year. Wm. B. Owen, principal in charge of Normal college, gets \$6,000 per year; Edw. F. Worst, supervisor of manual training, gets \$4,000 per year.

This is the form of education which is handed out to the children of Chicago, and these are the educators we have at the head of our educational system.—*P. J. F.*

TRY IT THEMSELVES.—I am a reader of your little book and it is surprising the things that come to light daily within the workingman's reach through it. The Day Book had a menu from the New York health board which it prescribes for a workingman and his family so it will not cost so much to live.

Why don't the board members try it themselves at least a month and